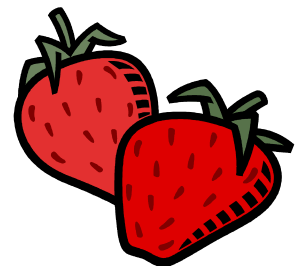


# Strawberry Savvy

## STRAWBERRY FUN FACTS

- Over 80% of the strawberries produced in the United States are grown in California. They produce over 1 billion pounds of strawberries a year!
- There are more than 600 varieties of strawberries, each with their own size, shape, and color.
- Strawberries grown best when the days are warm and sunny and the nights are cool. That's why the California coast is perfect!
- Strawberries are picked by hand because they are very fragile and bruise easily. Once they are picked, strawberries are cooled and loaded onto refrigerated trucks for delivery to supermarkets within 24 hours.
- The peak season for fresh strawberries is between April and October.
- Strawberries are a great source of Vitamin C, folic acid and fiber. Just 8 strawberries provide 160% of the vitamin C you need for a whole day!

Nutrition Facts	
Serving Size = $\frac{1}{2}$ cup sliced (~7 medium berries)	
Calories	25
Fat	.5 g
Protein	.5 g
Fiber	2 g
Vit. C	46 mg
Vit. A	22 IU
Folic Acid	15 $\mu$ g



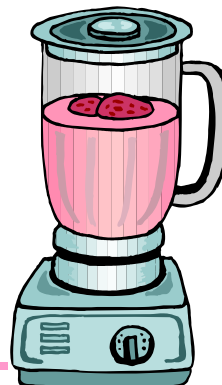
## Scrumptious Strawberry Banana Smoothie

### Ingredients:

- $\frac{1}{2}$  cup strawberries
- 1 medium banana
- $\frac{1}{2}$  cup low-fat vanilla yogurt
- $\frac{3}{4}$  cup orange juice

### Directions:

- Place all ingredients in blender, close lid, and blend until smooth.
- Divide between 2 glasses. Enjoy!



How many seeds do you think are in just one strawberry?

If you guessed 200 you are correct!